

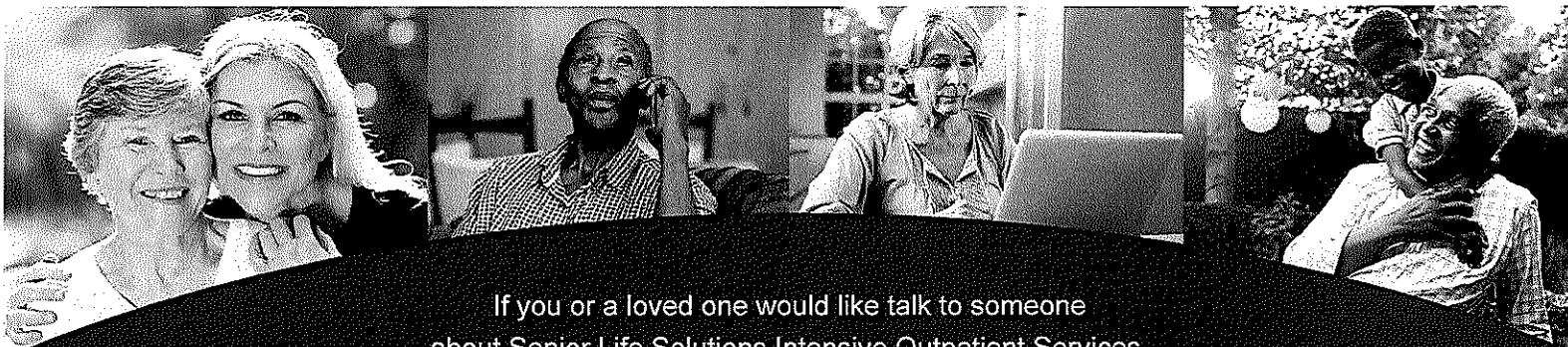


Emotional Support From the Comfort of Your Home

Receive emotional support in real-time using your telephone or computer, without the need to meet in person. Our Teletherapy services are private, efficient, flexible, and keep you safe in your home.

Senior Life Solutions is designed to help individuals experiencing any of the following:

- Physical limitations requiring emotional support
- Fear of leaving home/isolation
- Recently experienced a traumatic event
- Lost a spouse or close family member
- Caretakers who need emotional support
- Loss of interest in previously enjoyed activities
- Changes in appetite
- Difficulty sleeping
- Feeling loss of independence
- Loss of energy



If you or a loved one would like talk to someone about Senior Life Solutions Intensive Outpatient Services,

contact us at:

501-977-2416

All phone calls are confidential.

Our staff includes a board-certified psychiatrist, licensed social workers and therapists, and a registered nurse.

at Home



Good Afternoon,

We are pleased to announce we will be resuming Senior Life Solutions services at St. Vincent Morrilton. I've attached information about our program as a reminder and about our expanded **teletherapy services**.

Senior Life Solutions is a valuable component of our hospital and our community. We serve older adults struggling emotionally. The loss of a loved one, isolation, lifestyle changes, diminishing physical and mental abilities are common stressors that our senior population may be facing. Stressors, which left unattended, may create an overwhelming challenge to someone; fortunately, it is at these times that we can discover that we are not alone, but there is support available for those who are in need.

Senior Life Solutions is an intensive outpatient program where patients receive group and individual therapy, family support and education located here at our hospital. With COVID-19 precautions in place, we have expanded our services and now offer teletherapy. The goal is to empower seniors to live as independently as possible and restore their quality of life.

After the patient meets his/her goals, the patient is then graduated from our program. After graduation, the 'After Care' component of the program then follows the patient; the patient receives a call one week after discharge, one month after discharge and a face-to-face visit 3 months after discharge.

The staff includes a board-certified psychiatrist, licensed therapist, registered nurse, and an office-patient coordinator.

If you know an older adult who is exhibiting any of the following, they might be someone who could benefit from our service. To make a referral please contact us to discuss. We will work with you to create a referral process that works for you and the older adults you serve.

- Unexplained physical aches or pains
- Loss of interest of pleasure
- Lack of motivation
- Feelings of worthlessness or guilt
- Loss of independence
- Change in living environment
- Loss of a loved one
- Chronic illness
- Loss of independence,
- Isolation
- Expressed feelings of fear

Best regards,

Rebecca Schrock, RN
Program Director
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Senior Life Solutions
St. Vincent- Morrilton